

Grilled Zucchini

Grilled zucchini is frequently paired with yellow squash. Zucchini grows larger than most yellow squash varieties. However, for the grill, small, barely developed zucchini is best. If zucchini grows larger than yellow squash, the skin may have to be sliced off. The interior is drier, and the seeds are larger. An alternative for grilling in butter is to use vegetable oil, or vinegar and vegetable oil mixture. No breading of any kind is recommended for grilling zucchini. There are gluten free breading mixtures available for other zucchini dishes. If desired, marinate zucchini for 10 to 15 minutes in vegetable oil.

Pre Cook Preparation:

Physical Accommodations:

- Frozen or canned vegetables can be used
- Long oven mitts
- Sit on a stool while stirring

Visual Accommodations:

- Colored chopping boards

Potential Food Allergy or Intolerance:

- Bacon bits
- Butter (lactose)
- Pepper
- Squash
- Spices

Meatless Preparation Avoid:

- Bacon bits
- Butter
- Substitute with: _____

Utensils:

- Chopping board
- Fork
- Knife
- Pot holders
- Spoon
- Pan:

- Grill safe aluminum pan, or

- ** Grill packet

- ** To make the packet, tear off a large piece of foil, place the vegetable on one half, and add a dash of salt and butter. Fold the foil in half. Crimp the side by folding them over two to three times. Do the same with the top. Add holes with a toothpick, or a fork to let heat in and liquid escape. Potato slices, onions, baked beans, corn, and squash can be cooked this way.

Ingredients:**Meat:****Optional:**

1/4 cup of bacon bits

Vegetables:

15 ounces of zucchini (diced)

Optional:

15 ounces of diced yellow squash

Other ingredients:

1 tablespoon of butter

Dash of salt

Spices, such as pepper, to taste

Preparation time: 10 minutes

Preparation:

1. Wash and slice or dice

1 to 2 zucchini squash

Optional:

1 to 2 yellow squash

2. Add to grill safe aluminum pan, or

* grill packet:

1 tablespoon of butter

Dash of salt

Spices, such as pepper, to taste

15 ounces of zucchini (diced)

Optional:

1/4 cup of bacon bits

15 ounces of diced yellow squash

3. Close packet and place on grill.

Cook Temperature: Grill

Cook Time: About 15 to 20 minutes

Servings: 4 to 5

Storage Solutions: Square containers in individual servings

Counter safe: 30 minutes to an hour to cool enough to place in the fridge or freezer

Fridge safe: 3 to 4 days * Per FDA Storage Chart link in Resources

Freezer safe: 2 to 3 months * Per FDA Storage Chart link in Resources

Reheat Instructions:

Microwave: Time and temp may vary.

1. Place in a microwave safe dish (not plastic).
2. Heat until food is fully hot and reaches a safe temperature.
3. Minimum 2 minutes.

Add your microwave time here: _____.

Stove Top: Time and Temp may vary.

1. Place food in frying pan.
2. Add enough water to almost cover food.
3. Stir frequently while food heats, until thoroughly warm, about 10 minutes.

Add your stove time here: _____.

Oven Directions: Time and Temp may vary.

1. Place in oven safe pan.
2. Add a little water.
3. Heat until thoroughly warm, about 10 minutes.

Add your oven time here: _____.